

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

19 May 2000

"Leadership, Partnership, and Championship"

Headline: Health Promotion Emphasized at the Academy

By Lt. Rhoda Gabel, NC, Naval Medical Clinic Annapolis

ANNAPOLIS, Md. - Providing health promotion information to midshipmen became easier in February with the opening of the health promotion office in Bancroft Hall. It is a little office doing big things bringing health information and material close to home for the brigade of midshipmen. Midshipmen now have more convenient access to literature, videos, displays and website with topics of health promotion and personal performance that most concern a midshipmen or any college-age student. "Our new neighbor seems intent on making us healthy and fit", said Chief Missile Technician (SS) Donald Gemeny, Company Chief for 30th Company. "This is a convenient resource for the midshipmen and staff." An avowed policy of the Department of the Navy is to Ensure military readiness, maximize individual performance, and reduce the cost of military health through programs of physical fitness, disease prevention, and health maintenance. Health promotion information enables personnel to increase control over their health.

Positive lifestyle and behavioral changes can improve health and enhance quality of life, which for the military translates into improved operational readiness and increased retention of valuable personnel. The Health Promotion Office will help focus the Naval Academy's 2010 vision in promoting lifelong physical fitness through education. Augmented by mental and character development, graduates of the Naval Academy will set the example for Sailors and Marines in every aspect of living. The future of the Navy begins at the Naval Academy. The future of military health begins here as well. The paradigm shift to health promotion, wellness, health leadership and personal performance will have the Navy and its future leaders, "Fit to Fight" and "Fit for Life."

(April 7, 2000 issue of Navy & Marine Corps Medical News)

Military 5 A Day Video Seizes 2 National/ International Awards



Navy Health Promotion produced an award winning video ("Five A Day") this year, in coop-

eration with Air Force, Army and Cost Guard. On April 17 the Navy Environmental Health Center accepted the 2nd place award at the Worldwide DoD Visual Information And Combat Camera Conference and the Videographer Awards 2000 Competition. There were 2,386 entries from throughout the U.S. and several foreign countries.

Navy's 5 A Day video received The Award of Excellence. The 8 minute award winning production promotes eating at least 5 fruits and vegetables a day while providing an overview of the military 5 A Day Program. For the 8-minute video and an additional 15 minute video was developed to demonstrate how easy it is to incorporate eating 5 fruits and vegetables into the busy military schedule. Copies of the videos can be requested from Mary Kay Solera, MS, CHES Navy Health Promotion at (757) 462-5585. They have been distributed to all Military Services' Health Promotion Coordinators, Dietitians, and Wellness Centers. Three thousand copies of the video have been requested for inclusion into the Navy's Nutrition Education Training packages.

Want to know more about the Tobacco companies marketing efforts towards teens? The website www.thetruth.com is designed for kids to see the tobacco marketing campaigns geared to them!

**Life is lived in the present.
Yesterday has gone,
tomorrow is yet to be.
Today is the miracle.**